



GLYCEMIC INDEX and GLYCEMIC LOAD of COMMON FOODS

Usual serving size is approximate and based on 100g = 3.5 oz

Glycemic Standards

Glycemic Index (GI)

Low GI < 80 Healthiest choices
Moderate GI 80-99 Use moderately
High GI 100+ Use sparingly

Glycemic Load (GL)

< 150/day

BAKED PRODUCTS

	GI Bread =100	Serving size usual	Carbs g/serv	GL /serv
Pound cake, Sara Lee (7)*	77	2 pieces	28	15
Croissant, Food City (10)	96	1	26	17
Doughnut, cake type, Loblaw's (12)	108	1 med	23	17
Muffin, apple with sugar (14)	63	1	29	13
Muffin, bran, Grandma Martin's (14)	85	1	24	15
Muffin, blueberry, Culinary Inc. (14)	84	1	29	17
Pastry (17)	84	1	26	15
Waffles, Aunt Jemima (20)	109	1	13	10

BEVERAGES

Coca Cola, soft drink (21)*	90	8 oz.	26	16
Gatorade (45)	111	8 oz.	15	12
Hi-Pro energy drink mix, vanilla (51)	51	8 oz.	19	7
Quik, chocolate, dissolved in water (55)	76	8 oz.	7	4
Quik, chocolate, in 1.5% fat milk (55)	59	8 oz.	11	5
Smoothie, raspberry, Con Agra Inc.(25)	48	8 oz.	41	14

Juices:

Apple, unsweetened, mean of 2 studies (32)*	57	8 oz.	29	12
Cranberry juice cocktail, Ocean Spray (38)	97	8 oz.	36	24
Grapefruit juice, unsweetened, Sunpac (40)	69	8 oz.	22	11
Orange juice, mean of 2 studies (41)	71	8 oz.	26	13
Pineapple juice, unsweetened, Dole (42)	66	8 oz.	34	16
Tomato juice, no sugar (43)	54	8 oz.	9	4

BREADS

Bagel, white, frozen, Lender's (56)*	103	3½ "	35	25
English Muffin bread, Natural Ovens (121)	109	½ muffin	14	11
Oat-bran bread, mean of 2 studies (81)	68	1 slice	18	9
Pita bread (147)	82	4" round	17	10
Rye bread, mean of 6 studies (84)	71	1 slice	12	6
Seven grain, Healthy Choice Hearty, Con-Agra Inc. (122)	79	1 large slice	14	8
Wheat, cracked, mean of 2 studies (96)	76	1 slice	20	11
Wheat, white (101)	100	1 slice	14	10
Wheat, 100% whole, soft (116)	99	1 slice	13	9
Wheat, 100% whole, coarse ground (143)	73	1 slice	13	7

BREAKFAST CEREALS, etc.

All-Bran, Kellogg, mean of 4 studies (151)*	60	½ cup	23	9
Bran Chex (161)	83	½ cup	19	11
Cheerios (163)	106	1 cup	20	15
Coco Pops, mean of 2 studies (165)	110	1 cup	26	20
Corn Chex (167)	118	1 cup	25	21
Cornflakes, Kellogg (168)	130	1 cup	26	24
Cream of Wheat, Nabisco Ltd. (172)	94	1 cup	26	17
Cream of Wheat, Instant, Nabisco, Ltd. (173)	105	1 cup	30	22

BREAKFAST CEREALS, cont.

	GI Bread =100	Serving size usual	Carbs g/serv	GL /serv
Crispix, Kellogg (174)*	124	1 cup	25	22
Froot Loops, Kellogg (176)	98	1 cup	26	18
Grapenuts, mean of 2 studies (182)	102	¼ cup	21	15
Muesli (191)	94	1/3 cup	24	17
Pop Tarts, double chocolate, Kellogg (217)	100	1 tart	36	25
Porridge, rolled oats, mean of 8 studies (209)	83	1 cup	22	17
Porridge, instant oatmeal – Quick Oats, Quaker Oats Co, mean of 2 studies (216)	94	1 cup	26	17
Puff Wheat, mean of 2 studies (220)	105	2½ cup	21	
Rice Chex, Nabisco Brands Ltd.(224)	127	1¼ cup	26	23
Rice Krispies, Kellogg (225)	117	1¼ cup	26	22
Shredded Wheat, mean of 2 studies (226)	107	2/3 cup	20	15
Special K (228)	98	1 cup	21	14
Total, whole grain General Mills (236)	109	¾ cup	22	17

CEREAL GRAINS

Barley, mean of 5 studies (256)*	36	¾ cup	42	11
Cornmeal, porridge (264)	97	1¼ cup	13	9
Corn, sweet, mean of 6 studies (265)	78	2 ears	32	17
Corn, taco shells, baked (268)	97	1	12	8
Couscous, boiled, mean of 2 studies (269)	93	1 cup	35	23
Millet, boiled (270)	101	1 cup	36	25
Rice, brown, mean of 3 studies (298)	79	¾ cup	33	18
Rice, white, mean of 12 studies (274)	91	1 cup	36	23
Rice, long grain, mean of 10 studies (277)	80	1 cup	41	23
Rice, long grain, quick-cooking (278)	97	1 cup	37	25
Instant or puffed rice, mean of 3 studies (299)	98	1 cup	42	29
Wheat, whole kernels, mean of 4 (305)	59	¼ cup	34	14
Wheat, cracked (bulgur), boiled, mean of 4 studies (309)	68	4/5 cup	26	12

CRACKERS

Breton wheat crackers (349)*	96	12	14	10
Premium soda crackers (361)	106	8	17	12
Puffed rice cakes, mean of 3 studies (355)	110	3	21	17
Rye Crisp, mean of 4 studies (356)	91	2	16	11
Stone Wheat Thins (395)	96	12	17	12

DAIRY and ALTERNATES

Ice cream, mean of 5 studies (366)*	87	1/3 cup	13	8
Ice cream, low-fat (1.4%), vanilla, (367)	71	1/3 cup	6	3
Ice cream premium (high fat), vanilla (368)	54	1/3 cup	9	3
Milk, full fat (369)	57	8 oz.	12	3
Milk, skim (373)	46	8 oz.	13	4
Milk, condensed, sweetened (374)	87	8 oz.	136	83
Milk, low fat, chocolate, with sugar (376)	49	8 oz.	26	9

DAIRY & ALTERNATES, cont.

	GI Bread =100	Serving size usual	Carbs g/serv	GL /serv
Pudding, instant, vanilla, whole milk (378)*	57	1/3 cup	16	6
Yogurt (379)	51	2/3 cup	9	3
Yogurt, low-fat, fruit, sugar (380)	47	2/3 cup	31	10
Soy milk, full fat or reduced fat (384)	63	8 oz.	17	8
Soy smoothie drink, mean or 2 studies, (385)	46	8 oz.	23	7
Soy Yogurt, fruit & sugar, (387)	71	¾ cup	26	13

FRUITS and FRUIT JUICES

Apples, raw, mean of 6 studies (388)*	52	1 small	15	6
Apple juice, unsweetened, mean of 3 studies (389)	57	8 oz.	28	11
Apricots, raw (391)	82	3	9	5
Apricots, canned, light syrup (392)	91	½ cup	19	12
Apricots, dried, mean of 2 studies, (393)	44	17 halves	28	9
Banana, raw, mean of 10 studies (397)	74	7" long	24	12
Cantaloupe, raw (435)	93	3/16	6	4
Cherries, raw (400)	32	20	12	3
Cranberry juice cocktail (402)	80	8 oz.	29	16
Dates, dried (404)	147	7	40	42
Figs, dried (405)	87	7	26	16
Fruit cocktail, canned (406)	79	½ cup	16	9
Grapefruit, raw (407)	36	½	11	3
Grapefruit, juice, unsweetened (408)	69	1 cup	20	9
Grapes, mean, 2 studies (409)	66	25	18	8
Kiwi fruit, raw, mean of 2 studies (410)	75	1½ med	12	6
Mango, raw, mean of 3 studies (412)	73	½ mango	17	8
Oranges, raw, mean of 6 studies (415)	60	1	11	5
Orange juice, unsweetened, reconstituted, Mean of 3 studies (416)	74	1 cup	23	12
Orange, marmalade (414)	69	1½ T	20	9
Pawpaw and Papaya, raw, mean of 3 studies (417)	84	7/8 cup	17	10
Peaches, raw, mean of 2 studies (418)	60	1 peach	11	5
Peaches, canned in light syrup, (421)	74	½ cup	18	9
Pears, raw, mean of 4 studies (426)	54	¾ pear	11	4
Pears, canned in pear juice (429)	63	½ cup	11	5
Pineapple, raw, mean of 2 studies (430)	84	¾ cup	13	7
Pineapple juice, unsweetened (431)	66	1 cup	34	15
Plum, raw, mean of 2 studies (432)	55	2 plums	12	5
Prunes, pitted (433)	41	7 prunes	33	10
Raisins (434)	91	2/5 cup	44	28
Strawberries, fresh, raw (436)	57	10 med	3	1
Strawberry jam (437)	73	1 1/3 T	20	10

LEGUMES

Baked beans, navy, mean of 2 studies*	69	3/5 cup	15	7
Beans, black-eyed & cowpeas, mean of 2 studies (451)	59	9/10 cup	30	13
Beans, butter bean, mean of 3 studies (452)	44	4/5 cup	20	6
Beans, chickpeas or garbanzo, mean of 4 studies (453)	39	3/5 cup	30	8

LEGUMES, cont.

	GI Bread =100	Serving size usual	Carbs g/serv	GL /serv
Beans, navy, mean of 5 studies (456)*	54	4/5 cup	31	12
Beans, kidney, mean of 8 studies (457)	39	5/8 cup	25	7
Lentils, mean of studies (462)	41	¾ cup	18	5
Lentils, green, dried, boiled, mean of 3 studies (463)	42	1 cup	17	5
Lentils, red, dried, boiled, mean of 4 studies (465)	36	4/5 cup	18	5
Lima beans, baby, frozen, reheated (466)	46	½ cup	30	10
Beans, mung, soaked, boiled 20 min (468)	44	¾ cup	17	5
Bean, pinto, dried, boiled (471)	55	7/8 cup	26	10
Bean, soya, dried, boiled, mean of 2 studies (473)	25	9/10 cup	6	1

NUTS

Cashew nuts, salted (558)*	31	1.75 oz.	13	3
Peanuts, mean of 3 studies	21	1.75 oz.	6	1

PASTA and NOODLES

Instant noodles, mean of 3 studies (524)*	67	1 1/8 cup	40	19
Macaroni, mean of 2 studies (527)	67	1¼ cup	48	23
Ravioli, meat-filled, boiled (528)	56	¾ serving	38	15
Spaghetti, white, boiled, mean of 7 studies (533)	64	1¼ cup	48	21
Tortellini, cheese (541)	71	1¾ cup	21	10
Vermicelli, white, boiled (543)	50	1¼ cup	44	16

SNACKS

Corn chips, mean of 3 studies (547)*	90	2 oz.	26	17
Fruit bars, Roll-Ups (548)	142	1 bar	25	24
Jelly beans, mean of 2 studies (550)	112	11g / 30s	28	22
M&M's peanut (553)	47	15	17	6
Mars Bar, mean of 2 studies (554)	93	1 pkg.	40	26
Pop corn, plain, microwaved (560)	103	2 cups	11	8
Potato Crisps (chips), plain, salted (562)	77	2 oz.	21	11
Power bar, mean of 2 studies (569)	79		42	24
Pretzels, oven-baked, wheat (563)	119	5 twists	20	16
Skittles (Mars confectionery) (564)	100		45	32
Snack bar, apple cinnamon (565)	57	2 bars	29	12
Snack bar, peanut butter & choc-chip (565)	53	2 bars	27	10
Snickers bar, mean of 2 studies (566)	78	1 bar	35	19
Twix cookies bar, caramel (568)	63	1 pkg.	39	17

VEGETABLES

Green peas, mean of 3 studies (595)*	107	½ cup	4	3
Carrots, mean of 4 studies (599)	68	one 7½"	6	3
Corn, sweet, mean of 6 studies, (597)	78	1 ear	17	9
Potato, baked, mean of 4 (603)	121	1 small	30	26
Potato, boiled, mean of 5 (605)	72	1 medium	28	14
Potato, French fries (607)	107	30 strips	29	22
Potato, instant mashed, mean of 6 studies	122	3/5 cup	20	17
Sweet potato, mean of 5 studies (613)	87	1 potato	28	17
Yam, mean of 3 studies (617)	53	1 cup	36	13

*The number in parentheses at the end of each food is the reference number for that food in Kaye Foster-Powell, Susanna HA, and Janette C Brand-Miller, International table of glycemic index and glycemic load values: 2002, *American Journal of Clinical Nutrition*, 2002;76:5-56.

Approximate Serving Sizes: USDA National Nutrient Database Standard Release 16R, 2004

If you want to know GI based on glucose, then multiply GI based on white bread by 0.70

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